



A
paternity
education
project of:
University
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Service, and
Minnesota
Department of
Human Services
Child Support
Enforcement Division

DADS MAKE A
DIFFERENCE STAFF:

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Masculinity, What We Pass On to Our Sons

By Jeffry Jeanetta-Wark, MA, LICSW
and Michael Obsatz, Ph D

We need to revamp our ideas of masculinity because the old ideas don't work anymore - hunting out of necessity, killing the enemy, winning wars, taming the wilderness, fight clubs, proving oneself by downing a case of beer, and sleeping with as many women as possible.

Nevertheless, outdated concepts of masculinity mixed with pseudo-macho power are still projected through movies, as seen by the character of James Bond, and many portrayed by Arnold Schwarzenegger. Professional wrestling is also a breeding ground for hypermasculinity.

Dr. Michael Obsatz has written that there are seven traits of healthy masculinity for the new millennium: **power, purpose, passion, paternity, persistence, piety, and presence.** Let's view these traits in relation to what men can pass on to their sons (and daughters too).

1. **Power** concerns being a man of action. Real power comes from knowing

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Greater Minnesota Training Update

By Gary Greenfield, DMAD Program Coordinator

The Faribault / Martin County Family Service Collaborative hosted a DMAD training in September at Fairmont. Five schools from those counties, plus 2 other nearby schools attended. A total of 42 teens and 8 adults were trained in two training groups.

Members of Faribault / Martin County Child Support staff provided their expertise during the training. Special thanks goes to Extension Educators

Lennie Clement and Sharon Query, along with Child Support Supervisor Kathy Denui for helping to make this training happen.

Schools attending:
Faribault County:
Blue Earth Area High School
United South Central HS
Maple River High School

Martin County:
Fairmont High School
Truman High School

Other:
Luverne High School
Madelia High School

Thanks to the trainers: Lennie Clement, Sharon Van Kley, Kellen McWhite, Amber Hansen, Amy Budinger, John Plasch,

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Time to request
REGISTRATION forms
for February 2001
Teen Training

Dads Make a Difference Mission: To promote the positive involvement of fathers and educate youth about responsible parenting.

Get Ready for Dads Make a Difference Spring Teen Training in February 2001

The registration forms are ready to send out at your request. In a change from previous years, this Spring training will be held in the metro area. If you weren't able to join us in November 2000, now is your chance to get in on the learning and fun!

DADS MAKE A DIFFERENCE is a positive youth

development, paternity education project in which older teens, male and female, teach younger youth (grades 6-9) about the importance of fathers in children's lives; the legal, emotional and financial responsibilities of parenting; and why they should wait to have a baby until they are ready.

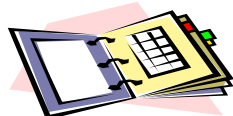
TRAININGS are for 10th - 12th grade male and female teens accompanied by at least one adult advisor. An equal number of males and females is preferred.

FEE INCLUDES training led by experienced adult and teen trainers, four meals, one night's lodging, a copy of the *DMAD* curriculum, and a T-shirt or cap with the *DMAD* logo. *Travel is not included.*

SPRING TRAINING
Sunday - Monday,
February 11-12, 2001
St. Paul, Sheraton Midway
Maximum 125 teens
Registration Deadline January 26th

We hope you will join us!

Please note: Tentative dates for next fall are Sunday-Monday, November 11-12, 2001. Watch the May 2001 issue of this newsletter for more details.



COST for the 2-day training:

\$45 per participant - teen or adult bringing teens

\$80 per participant - adults attending without teens or out of state teens and adults

Sliding fee or scholarships are available. Please inquire.

Masculinity, What We Pass ...

(Continued from page 1)

who you are and what you believe in, and valuing yourself as a complex, imperfect person. Mature identity is related to this power and involves a balance of thinking, feeling, and acting. This is not power over others, rather an acceptance of self and willingness to learn from others. Real power results in a sense of direction and a strong belief in your ultimate goodness.

What can and do we pass on to our sons:

- A sense of responsibility with how he feels, thinks, and acts, and what impact his power has on others.
- Asking "What do you value and think is really important and how do you want to share that value with the world."

2. **Purpose** has to do with why a man acts. Knowing your purpose means you have assessed your talents and have a clear sense of direction. A purpose is more than what makes you happy or rich. It is about impact, change, and is linked to the meaning you have for your life - doing something that will make a positive contribution.

What can and do we pass on to our sons:

- Helping him know what his talents are and cultivating them with discipline.
- Doing things together that benefit others.
- Helping him cultivate a sense of "awe" and wonder with the world.

3. **Passion** has to do with being passionate about people, about being alive, about enjoying life's gifts. A passionate man loves deeply, cares deeply, is sensual, and appreciates smells, sights, and sounds. He is in touch with his body and responsible with its capacities. Healthy masculinity has a vibrant, passionate quality to its energy. Passion is how he acts.

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NEWSLETTER SUBMISSION DETAILS ...

Send all articles
and photos to
the Editor:

Jan Hayne

University of MN
Extension Service
2020 White Bear Ave.
St. Paul, MN 55109

... AND DEADLINES

January Issue

Deadline:

December 15th

May Issue

Deadline:

April 15th

September

Issue Deadline:

August 15th

DMAD Fall Metro Training is a BIG Success



Dads Make a Difference held another successful teen training on Sunday-Monday, November 12-13, 2000 at the Sheraton Midway Hotel in St. Paul. Almost as large as last year's record-breaking event, **131 teens and 26 adults from 19 schools and community agencies statewide were trained in six training groups.** These trained teens will now teach the 4-lesson *DMAD* curriculum to middle school-age youth in their communities.

GROUPS PARTICIPATING

St. Paul

Como Park High School
Youth Express Program

Minneapolis

Assoc. for the Advancement of Hmong Women
North High School
Plymouth Youth Center
Summit Academy OIC

Greater Minnesota

Goodhue High School
Lyle High School
Rush City High School
St. James High School

Suburban

Armstrong High School (Robbinsdale)
Chaska High School
Farmington High School
Minnetonka High School
North High School (North St. Paul)
Roseville Area High School
Stillwater Area High School
Tartan High School (Oakdale)

Other States

Fargo South High School

Dads Make a Difference has successfully trained teen teachers since 1994. Over the years, our training model has evolved from increasing knowledge to the conscious application of positive youth development principles that value diversity, build life skills and healthy relationships with peers and adults, and enhance self-esteem and confidence of youth trained to be teen teachers.

Greater MN Training Update

(Continued from page 1)

Natalie Flohrs, and Gary Greenfield.

Because it is sometimes hard for schools and teens to commit to two days of training, as well as drive long hours to our big trainings, *DMAD* piloted a 1-day training in October in St. Cloud. Attending were 22 teens and 4 adults from ROCORI, Bertha-Hewitt, Long Prairie, and Tracy High Schools.

Amy, John, Natalie, and Gary led this training also, and Jerry Schrodin from Stearns County Child Support came for several hours to answer questions. Although it was a long day, feedback was very positive. We covered all of the lessons, but had to eliminate some of our usual fun training activities such as the Initiative Games.

Another 1-day training is planned in January 2001 for the 4 schools in Houston County in the far southeastern part of Minnesota. In the future, 1-day trainings can provide another option for schools in various parts of the state to participate in *DMAD*. If the schools in your area are interested in planning such a day, please call Gary Greenfield at 651-704-2060.

November 2000 Metro Training Demographic Breakdown

St. Paul
6.1 percent

Minneapolis
20.6 percent

Suburban
42.7 percent

Greater MN
21.4 percent

Other States
9.2 percent



Masculinity, What We Pass On

(Continued from page 2)

What can and do we pass on to our sons:

- Take walks based on fully observing and appreciating what is seen.
- How to be empathic about the suffering of others through discussions and visits.
- Listing things that are joyous and doing them together.
- Modeling healthy sexuality and the boundaries about one's body.
- Appreciating his body and respecting other's bodies without objectifying them.

4. Paternity has to do with a man's dedication to teaching and encouraging children, whether his or others. The healthy man is a mentor, willing to pass on healthy attitudes and values to younger people. Paternity is part of his motivation for acting.

What can and do we pass on to our sons:

- Invite your child's friends to stay over.
- Show sons how to bathe an infant, talk to younger children, or nurture.
- Teach or volunteer your personal gifts in work with children.

5. Persistence has to do with being resilient. He doesn't quit when he fails, or is disappointed, rejected or betrayed. Suffering is one of the challenges and the gifts of living. Healthy masculinity is about overcoming obstacles and trying again. He strives to improve himself and life for others. His persistence allows him to achieve his purpose with passion despite the challenges / obstacles.

What can and do we pass on to our sons:

- Discuss stories of people who achieved good things after great hardships.
- When he loses at something, teach him to celebrate the other person's winnings.
- Teach the theory and practice of non-competitive games. "Can everyone here win ... how?"
- Show him that it's wise to remember "Don't get even, get better. Don't wish for more luck, go learn how to do it and create more skill."

6. Piety has to do with faith - in himself, the

Becoming Father the Nurturer rather than just Father the Provider enables a man to fully feel and express his humanity and his masculinity. Fathering is the most masculine thing a man can do.

- Frank Pittman



future, and that something beyond himself is empowering him to accomplish his goals and dreams. Piety also means a respect for others, compassion, and care of the earth's resources. Piety encourages humility and the realization that he is not alone. From this he can learn to respect others who are different.

What can and do we pass on to our sons:

- Discuss trust and faith, and look for chances to use these words regularly in the context of your daily life.
- Model ways to respect the earth.
- Show respect for people and animals.
- Show humility and point out those who are humble, compassionate, and take healthy risks for the sake of their faith or goodwill.

7. Presence has to do with a man trying to be fully present - physically, mentally, and spiritually when he interacts with someone else. Being fully present means being integrated, having a sense of wholeness. He doesn't need approval from someone else to prove he's a real man. His presence allows him to be an effective communicator and listener. Healthy men can support other men in learning how to live as caring, whole, and integrated human beings.

What can and do we pass on to our sons:

- Fully listening with face to face vision, and reflecting what you heard.
- Teach and model how to center and focus internally, learning to relax.
- Making and keeping friends with other males, show him your friends, and what friendship is about.
- Teach and model when to make personal choices that feel right and how to responsibly live with the consequences.

Jeffry Jeanetta-Wark,
MA, LICSW,



has been counseling and presenting for over 11 years. In addition to his private practice, he works at Human Services, Inc. where he facilitates adolescent anger management groups and provides therapy to children and families. Jeffry has experience educating and supporting fathers of all ages and serves on the Board of NOAPPP. He is also a Trainer for DMAD.

Dr. Michael Obsatz is an Associate Professor of Sociology at Macalester College in St. Paul, MN where he has been teaching since 1967. He is also a couple and family therapist, workshop leader, men's support group facilitator, and author of numerous articles and three books: *From Stalemate to Soulmate* (1997), *Raising Nonviolent Children in a Violent World* (1998), and *Healing Our Anger* (2000).

The R Factor TRAINING: 1-day for TEACHER / ADULT

\$175 curriculum and training

The R Factor CURRICULUM PURCHASE: \$99 curriculum only, additional \$100 for training later

I am interested in attending a TRAINING: (All Training dates will be 8:30 am. to 3:00 p.m.)

- Spring
- Summer
- Fall
- Winter



- I would like to PURCHASE *The R Factor* curriculum only for \$99.

PRINT NAME:

EMAIL:

SCHOOL / AGENCY:

ADDRESS (HOME IF SUMMER):

CITY / STATE / ZIP CODE:

PHONE WITH AREA CODE:

FAX:

REGISTRATION: *Dads Make a Difference* 2-day TEEN Training

Cost: \$45 per participant - teen or adult(s) bringing teens

\$80 per participant - adults attending w/o teens OR out-of-state teens & adults

Please send me registration packets for: _____ # Teens _____ # Adults

For the following training:

- FEB. METRO, Sunday - Monday, February 11-12, 2001, St. Paul, Sheraton Midway
* Registration Deadline January 26

PRINT NAME:

EMAIL:

SCHOOL / AGENCY:

ADDRESS:

CITY / STATE / ZIP CODE:

PHONE WITH AREA CODE:

FAX:

Dads Make a Difference
University of Minnesota Extension Service
2020 White Bear Avenue
St. Paul, MN 55109

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DMAD Hires New Staff Here's Updated Contact Info and Focus Areas for All Staff

With funding from The McKnight Foundation, the *Dads Make a Difference* program has hired two Community Program Assistants. Dimitris Kelly returns from his previous temporary appointment for 30 hours a week. In addition, Sai Inthichack, who is currently working as a Nutrition Education Assistant in Hennepin County Extension 30 hours a week, joins the *DMAD* staff for his remaining 10 hours a week. To alleviate any confusion, here's an update on who does what with *Dads Make a Difference*.

Gary Greenfield, Program Coordinator (1 FTE), handles the administrative duties (budget, etc.), supervises Jan, works with schools in Greater MN, handles all national contacts, updates our web site, and coordinates teen trainings in Greater MN. You can reach Gary at 651-704-2060 and green045@umn.edu.

Jan Hayne, Community Program Specialist (1 FTE), supervises Dimitris and Sai, works with schools and agencies in the Twin Cities metro area, is Training Coordinator for the 2 large teen trainings held in St. Paul and all R Factor trainings, writes grants, and is editor of this *DMAD* newsletter. Contact Jan at 651-704-2062 and hayne005@umn.edu.

Dimitris Kelly, Community Program Assistant (.75 FTE), works primarily with schools and agencies in St. Paul, teaches *DMAD* in juvenile corrections settings and other sites, and is a *DMAD* Trainer. You can reach Dimitris (Dee) at 651-704-2063 and kelly099@umn.edu.

Sai Inthichack, Community Program Assistant (.25 FTE), works primarily with schools and agencies in Minneapolis, and with the Southeast Asian community. Contact Sai at the Hennepin County Extension Office at 612-374-8442 and inthi001@umn.edu.

Joan Sigmundik, Program Secretary (.5 FTE), handles training registration and prep, product inventory, general support services, and our database. You can reach Joan at 651-704-2061 and sigmu001@umn.edu.

DMAD Staff are now using their University of Minnesota email addresses to stay connected with you. Please clip this out and post it somewhere or update your Address Books to reflect our new email addresses. Email is a GREAT way to stay in touch with us. You can use email to ask questions, order products, share concerns, request training registration, and report teaching numbers.